



**Concrete
support
for stress
at work**



**Ligue
Santé
Mentale**

**YOU'LL
NEVER
WORK
ALONE.**



**CHAMBRE DES SALARIÉS
LUXEMBOURG**

Stress, mental overload, or professional difficulties can have a significant impact on your well-being.

You are not alone in facing these situations.

The *Stressberodung* service offers you a space to talk about it, understand it, and move forward.

THE SERVICE

A Confidential and Professional Listening Service

Stressberodung, a service provided by the **Ligue Santé Mentale** and the **Chambre des salariés (CSL)**, supports employees experiencing work-related difficulties, such as:

- Stress or work-related pressure
- Mental overload
- Tensions or conflicts in the workplace
- Loss of motivation
- Burnout or exhaustion

We offer personalized support in a respectful, confidential and non-judgemental environment.

HOW DOES IT WORK?

Support Tailored to Your Needs

The service offers:

- up to **5 individual sessions free of charge**
- held at the CSL premises
- with qualified psychology professionals

These sessions can help you to:

- Take a step back
- Better understand what you are going through
- Identify your strengths and resources
- Find practical solutions to improve your well-being

If needed, we can also refer you to other specialized support services.

This service does not replace long-term psychotherapy or emergency care.

A HOLISTIC APPROACH

Supporting Individuals and Organisations

Stressberodung works at different levels to promote mental health in the workplace.

Psychosocial advice and support

We particularly support employee representatives in:

- identifying situations of distress
- adopting appropriate listening and communication approaches
- implementing concrete responses

Prevention and awareness-raising

We also develop:

- awareness-raising initiatives
- training on stress, burnout, and mental health
- practical tools to strengthen individual and collective resources

The aim is to better understand psychosocial challenges and to promote a healthier working environment.

OUR VALUES

A Person-Centred Approach

We place particular importance on the quality of the relationship and on working with each individual in respect of their personal history, context and resources.



Who is it for?

Employee in Luxembourg?

Are you going through a difficult period at work?

You don't have to face it alone – Stressberodung can support you free of charge.



Do you need to talk?

Make an appointment:

stressberodung@csl.lu

T. (+352) 27 494 222

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2-4, rue Pierre Hentges
L-1726 Luxembourg
(Bonnevoie, opposite
the Rotondes)

**lisame.lu
csl.lu**



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